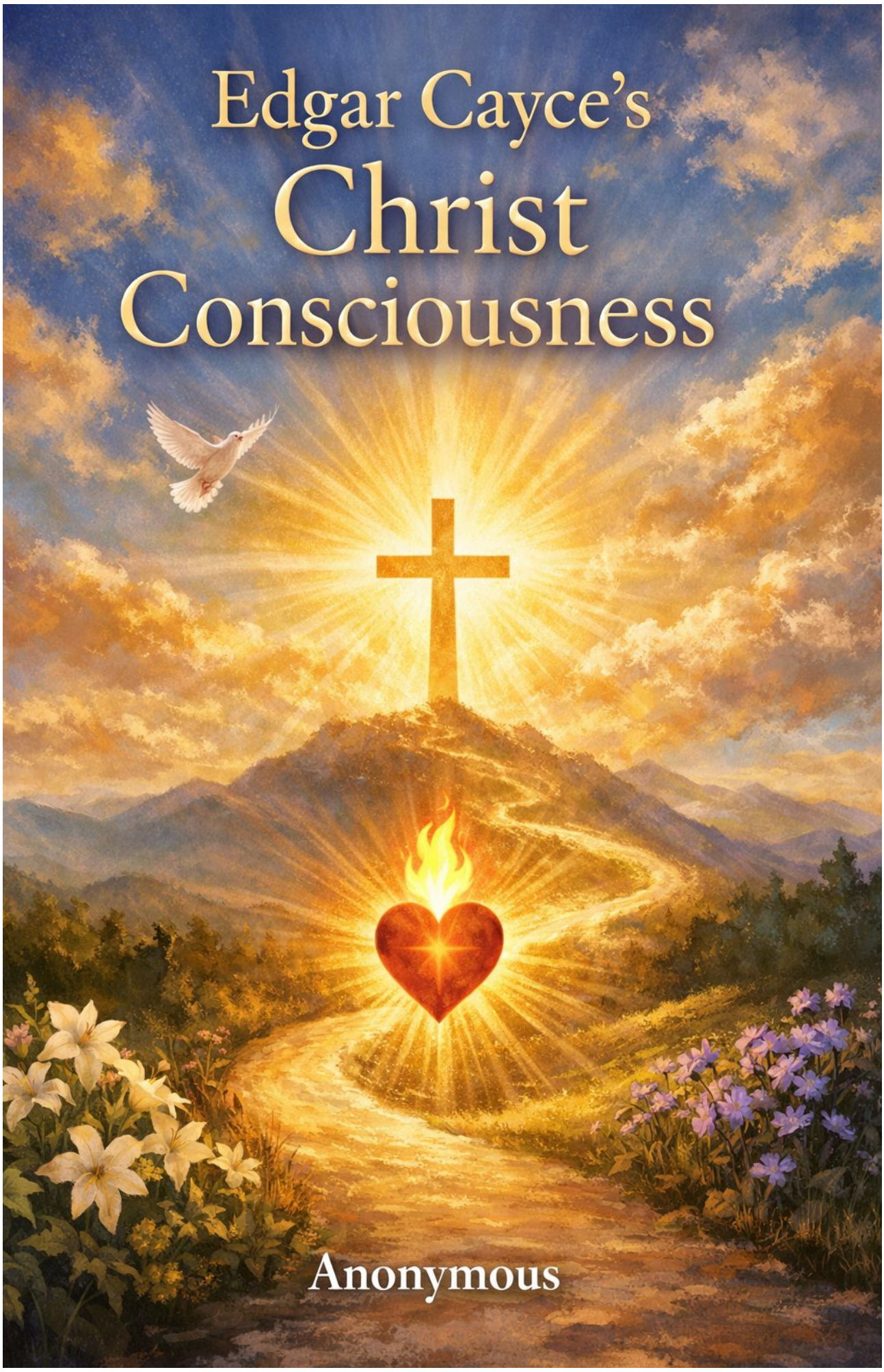
Edgar Cayce's Christ Consciousness



Anonymous

Introduction — The Christ as Taught in the Edgar Cayce Readings

This book is written to explore the understanding of the Christ as presented in the Edgar Cayce readings and supported by the Bible. Edgar Cayce consistently taught that Christ is not only a figure of the past, but a living, active presence meant to guide every soul. His readings do not replace Scripture; rather, they point the reader back to Scripture and to a deeper personal relationship with God through Christ.

Throughout the Cayce readings, Christ is described as the Way, the Truth, and the Light, not only for belief, but for daily living. Cayce emphasized that Christianity is not merely a system of doctrines, but a life to be lived. Love, forgiveness, humility, service, and surrender to God's will are shown as essential expressions of the Christ life. These teachings echo the words and actions of Jesus as recorded in the Bible.

This work is organized into twelve themes that appear repeatedly in the Cayce readings. Each chapter focuses on one aspect of the Christ life, using **direct quotations from the Cayce material** along with **supporting Bible passages**. The goal is not argument or speculation, but clarity, encouragement, and spiritual application. The Christ is presented as Savior, Pattern, Healer, Teacher, and Living Presence within.

Readers are encouraged to approach these chapters prayerfully and thoughtfully. The Cayce readings consistently remind individuals that truth must be applied, not merely studied. As Jesus taught, *"If ye know these things, happy are ye if ye do them"* (John 13:17). This book invites the reader not only to understand the Christ more deeply, but to live the Christ life more fully.

Chapter 1 — The Christ as the Living Presence Within

The Edgar Cayce readings teach that the Christ is not only someone to be remembered from history, but a **living presence within every human being**. The Christ is meant to dwell in the heart, the mind, and the body. Cayce states clearly, **"Thy body is indeed the temple of the living God"** (3376-2). This teaching shows that God does not live far away or only in churches or holy places. God lives within the individual. The Christ presence is already there, waiting to be recognized.

This indwelling presence is not forced upon anyone. Cayce explains that the Christ waits for an invitation. He says, **"Behold I stand at the door and knock. Open!"** (3376-2). The door he speaks of is the heart and mind of the individual. Each person must choose to open that door through faith, humility, and willingness. The Bible expresses this same truth: *"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him"* (Revelation 3:20). The Christ within becomes active only when a person freely welcomes Him.

Cayce also teaches that awareness of the Christ within removes fear. He says, **"The consciousness of God's presence, as manifested in Christ, casteth out fear — casteth out fear! — and shall make one free indeed"** (3691-1). Fear comes from feeling separated from God. When a person knows that God is present within them, fear begins to dissolve. The Bible confirms this spiritual law: *"Perfect love casteth out fear"* (1 John 4:18). The Christ presence brings peace, assurance, and inner freedom.

Life itself, according to Cayce, is the expression of this divine presence. He teaches, **"Life itself is the manifestation of that divine influence"** (5188-1). This means that life is not accidental or meaningless. Life is God expressing Himself through human experience. Jesus spoke of this living presence when He said, *"I am come that they might have life, and that they might have it more abundantly"* (John 10:10). True life comes from living in harmony with the Christ within.

The Christ presence is not meant to be passive. Cayce emphasizes daily surrender and cooperation with God. He instructs, **"Keep His law… daily say, 'Thy will, O God, be done, in me and through me'"** (5188-1). When a person seeks God's will instead of self-will, the Christ becomes active in their thoughts, words, and actions. Jesus Himself gave this example when He prayed, *"Not my will, but thine, be done"* (Luke 22:42). Living the Christ-life means allowing God to work through the individual each day.

Cayce also teaches that the Christ within gives each person purpose and value. He says, **"For He, thy God, thy Christ, is conscious of and hath need of thee"** (5064-1). This shows that no life is insignificant. Every soul has a role to play in expressing God's love in the world. The Apostle Paul affirms this truth in Scripture: *"Christ in you, the hope of glory"* (Colossians

1:27). The hope of humanity rests in this inner presence.

Living with awareness of the Christ within changes how one sees life. Cayce reminds us, **“In Him ye live, and move and have thy being, wholly”** (5188-1). When this becomes real, life is no longer divided into sacred and ordinary moments. Every act becomes an opportunity to express love, patience, forgiveness, and service. The Bible echoes this understanding: *“For in him we live, and move, and have our being”* (Acts 17:28).

The Cayce readings make it clear that the first and most important understanding of the Christ is this: **God is present within you now**. The Christ is not distant, not reserved for saints or teachers, and not limited by time. The Christ lives within every willing heart, waiting to be acknowledged, trusted, and lived. When this truth is accepted, life begins to change from the inside outward.

Affirmation — The Christ Within

I acknowledge the Christ within me.
My body is the temple of the living God.
The presence of Christ dwells in my heart and mind.
Fear has no power over me, for God is within me.
I seek to do God’s will in me and through me.
Christ in me is my hope, my strength, and my peace.

Prayer — Opening the Door

O Lord, my God,
I acknowledge Thy presence within me.
Help me to open the door of my heart fully to the Christ.
Remove fear, doubt, and self-will from my life.
Let Thy will be done in me and through me.
May my thoughts, words, and actions reflect Thy love.
Abide with me, guide me, and use me as a channel of blessing.
Not my will, but Thine, be done.
Amen.

Meditation — Awareness of the Christ Presence

Sit quietly and become still.
Take slow, gentle breaths.

Bring your attention to the center of your chest.
Silently affirm:
“The Christ lives within me.”

With each breath, imagine a gentle light filling your heart.
Do not force thoughts away.
Simply rest in the awareness of God’s presence.

If distractions arise, gently return to the words:
“In Him I live, and move, and have my being.”

Remain in this awareness for several minutes.
End by giving thanks for the Christ within you.

Chapter 2 — Jesus as the Pattern for All Souls

In the Edgar Cayce readings, Jesus is presented not only as the Savior, but as the **pattern** that every soul is meant to follow. His life was not lived merely to be admired, but to be **copied in spirit and practice**. Cayce states plainly, **"He is thy pattern"** (2982-4). This means that the way Jesus thought, loved, forgave, and served others is the way each individual is meant to live. The Christ-life is not separate from daily life but is meant to be lived out in ordinary human experience.

Cayce explains that Jesus lived as a human being while remaining aligned with God's will. He says, **"Not of myself but my Father who worketh in and through me"** (2982-4). Jesus did not act from personal ambition or pride. Instead, He allowed God to work through Him. The Bible records this same attitude when Jesus said, *"The Father that dwelleth in me, he doeth the works"* (John 14:10). This teaches that true spiritual power comes through surrender, not self-assertion.

Jesus as the pattern also shows the proper relationship between humility and greatness. Cayce reminds us of the Master's teaching, **"He that would be the greatest among you is the servant of all"** (3292-1). Jesus did not seek authority or recognition. He served others, healed the sick, comforted the sorrowful, and lifted up those who were forgotten. Scripture confirms this example: *"The Son of man came not to be ministered unto, but to minister"* (Mark 10:45).

The Cayce readings emphasize that Jesus faced the same temptations and struggles as other humans, yet overcame them through obedience to God. Cayce explains, **"True, that pattern — though the Son, as thyself — has passed through every temptation as thyself, but has shown Himself worthy"** (3376-2). This teaching brings hope, because it shows that Christ understands human weakness. The Bible states this clearly: *"He was in all points tempted like as we are, yet without sin"* (Hebrews 4:15).

Cayce also teaches that Jesus became the Christ through faithful living. He says, **"Jesus the man, Jesus the Christ"** (2845-1), showing that the Christ consciousness was fully expressed through a life lived in harmony with God. This does not mean others become Jesus, but that each soul may express the Christ spirit in their own way. Scripture supports this calling: *"As he is, so are we in this world"* (1 John 4:17).

Forgiveness is another key part of the pattern Jesus gave. Cayce stresses that Jesus forgave even in suffering. He says that Christ taught, **"As ye forgive those who have blamed thee without a cause… can the giver of life and light forgive thee"** (3660-1). Jesus lived this truth on the cross when He prayed, *"Father, forgive them; for they know not what they do"* (Luke 23:34). Forgiveness is not weakness but spiritual strength.

Love is the central feature of the pattern Jesus lived. Cayce quotes the Master's command, **"Love one another, even as I have loved you"** (3691-1). This love is not selective or conditional. It includes friends, strangers, and even enemies. Jesus taught this directly when He said, *"Love your enemies, bless them that curse you"* (Matthew 5:44). Living this love is the true mark of following Christ.

Cayce also explains that Jesus showed how to live with constant awareness of God's presence. He says, **"In Him ye live, and move and have thy being"** (5188-1). Jesus lived every moment conscious of the Father. The Bible reflects this same union when Jesus said, *"I and my Father are one"* (John 10:30). This unity is the goal of spiritual growth.

The pattern Jesus gave is not beyond reach. Cayce reminds us that Christ is patient with human weakness. He says, **"Be not afraid because ye have faltered anywhere"** (3376-2). Growth comes through effort, repentance, and continued faith. Scripture encourages this perseverance: *"He which hath begun a good work in you will perform it"* (Philippians 1:6).

In the Cayce readings, Jesus stands as the living example of what it means to be fully aligned with God while living in the world. He is not only the Savior who redeems, but the pattern who shows the way. As the Bible teaches, *"He left us an example, that ye should follow his steps"* (1 Peter 2:21). To follow Christ is to live as He lived — in love, humility, service, forgiveness, and trust in God.

Affirmation — Following the Pattern of Christ

Jesus is my pattern and my guide.
I seek to think as He thought, love as He loved, and serve as He served.
I do not act of myself alone, but allow God to work in and through me.
I choose humility over pride and service over self-seeking.
I forgive as I have been forgiven.
I live with faith that God is patient with my growth.
As He is, so may I be in this world.

Prayer — To Walk in the Way of Christ

Heavenly Father,
I thank Thee for the life of Jesus,
who showed the way of love, humility, and obedience.
Help me to follow His example in my daily life.
Remove from me pride, fear, and self-will.
Teach me to serve rather than be served,
to forgive even when it is difficult,
and to trust Thee in all things.
Let Thy will work in me and through me,

as it did in Him.
Guide my steps, strengthen my faith,
and shape my life according to Thy purpose.
Amen.

Meditation — Walking in His Steps

Sit quietly and become still.
Take a few slow, gentle breaths.

Bring to mind the life of Jesus —
His humility, His compassion, His patience, His love.

Silently affirm:
“He is my pattern.”

Imagine walking beside Him in your daily life —
at home, at work, in conversation, in silence.

Ask inwardly:
“How would Christ respond here?”

Do not force answers.
Allow understanding to arise gently.

Rest in the awareness that God works in and through you,
just as He worked in and through Jesus.

End the meditation with these words:
“Not my will, but Thine, be done.”

Remain in stillness for a few moments,
then return quietly to your day.

Chapter 3 — The Christ-Consciousness

In the Edgar Cayce readings, one of the most important teachings about Christ is the idea of the **Christ-consciousness**. This term is used to describe the divine awareness through which God works with humanity. Cayce teaches that this consciousness is not limited to Jesus alone, but is meant to be awakened in every soul. He explains, **"The nearer ye may build thy mind to the Christ Consciousness the better may be the mental being"** (5064-1). This shows that spiritual growth comes through aligning the mind with the spirit of Christ.

The Christ-consciousness is described as the meeting place between God and humanity. Cayce explains that God, the Christ, and the individual are connected through this divine awareness. He says, **"The entity finds itself in a three-dimensional world — body, mind, soul — just as in the earth the three-dimensional concept of the Godhead is the Father, the Son and the Holy Spirit"** (5000-1). The Christ-consciousness works through the mind to bring the soul into harmony with God. Scripture reflects this truth when it says, *"For as many as are led by the Spirit of God, they are the sons of God"* (Romans 8:14).

Cayce emphasizes that the Christ-consciousness is the true healer of body, mind, and soul. He states plainly, **"The physician is the Christ-Consciousness"** (3384-1). Healing does not come merely from physical treatments, but from attunement with the divine within. Jesus demonstrated this when He healed by command, prayer, and faith. The Bible affirms this source of healing: *"Who forgiveth all thine iniquities; who healeth all thy diseases"* (Psalm 103:3).

The Christ-consciousness replaces fear, anger, and hatred with love and peace. Cayce instructs, **"Replace animosities, hates and fears with faith, hope, longsuffering, patience and with the purposes… of the Christ-Consciousness"** (5046-1). This inner transformation changes how a person responds to life. Scripture confirms this change: *"The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith"* (Galatians 5:22).

Cayce also teaches that the Christ-consciousness must be lived, not merely believed. He says, **"Not tenets alone but live it — and teach others also"** (3250-1). Knowing spiritual truths without applying them does not bring transformation. Jesus taught this same principle when He said, *"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father"* (Matthew 7:21).

The Christ-consciousness is closely tied to love. Cayce explains that this consciousness expresses itself through love in action. He says, **"The spirit of Truth. The spirit of Love… and all are found in the one Christ-Consciousness"** (3125-2). This love is patient, kind, forgiving, and helpful. Scripture teaches the same: *"God is love; and he that dwelleth in love*

dwelleth in God" (1 John 4:16).

Cayce also connects the Christ-consciousness with free will and personal choice. He teaches that no influence, including astrology or past experiences, is stronger than the will aligned with Christ. He says, **"No urge… surpasses the will of the individual entity, when its trust… is put in the mind of God or the Christ-Consciousness"** (5000-1). The Bible echoes this truth: *"I can do all things through Christ which strengtheneth me"* (Philippians 4:13).

Living in the Christ-consciousness brings peace that does not depend on outward circumstances. Cayce quotes the promise of Christ, **"That peace of assurity that you are one with Him"** (3165-1). This peace is inward and lasting. Jesus described it when He said, *"Peace I leave with you, my peace I give unto you: not as the world giveth"* (John 14:27).

Finally, Cayce teaches that the Christ-consciousness is the path to spiritual freedom. He says, **"Ye shall know the Truth, and the Truth shall make you free"** (2897-4). Freedom comes not from escaping life, but from living it in harmony with God. Scripture confirms this promise: *"Where the Spirit of the Lord is, there is liberty"* (2 Corinthians 3:17).

The Christ-consciousness, as described in the Cayce readings, is the divine awareness that transforms life from within. It heals, guides, strengthens, and frees the soul. It is not reserved for the few, but offered to all who choose to live in love, faith, and service. To awaken this consciousness is to begin living the Christ-life here and now.

Affirmation — Awakening the Christ-Consciousness

I open my mind to the Christ-consciousness within me.
I align my thoughts with the spirit of Christ.
God works with me through body, mind, and soul.
The Christ-consciousness heals, guides, and strengthens me.
Fear, anger, and hatred have no power over me.
I choose love, patience, faith, and peace.
The truth of Christ within me makes me free.

Prayer — For Alignment with the Christ-Consciousness

O God,
I seek to draw my mind nearer to the Christ-consciousness.
Quiet my thoughts and align my will with Thy will.
Let Thy Spirit work through my body, my mind, and my soul.
Heal me where there is imbalance.
Replace fear with faith, and anger with love.
Teach me not only to believe truth, but to live it.
May Thy peace dwell within me, steady and sure.
Guide my choices, strengthen my will,

and lead me in the way of Christ.
Amen.

Meditation — Resting in the Christ-Consciousness

Sit quietly and allow your body to become still.
Breathe slowly and gently.

Bring your awareness to the center of your mind.
Silently affirm:
“I am open to the Christ-consciousness.”

With each breath, imagine calm and clarity filling your thoughts.
Let go of fear, worry, and judgment as they arise.

Rest in the awareness that God works with you —
through your body, your mind, and your soul.

Silently repeat:
“I am led by the Spirit of God.”

Remain in this stillness for several minutes.
Allow peace to settle within you,
not dependent on circumstances, but rooted in God’s presence.

End the meditation with gratitude,
knowing that the Christ-consciousness is active within you now.

Chapter 4 — Love as the Highest Law

In the Edgar Cayce readings, love is presented as the **central law of the Christ life**. All spiritual growth, healing, forgiveness, and service flow from love. Cayce teaches that love is not merely an emotion, but the very law by which God works with humanity. He states, **"True Christian principle is a life of practical application of brotherly love"** (2716-1). This shows that love must be lived daily through actions, attitudes, and choices, not spoken of only in words.

Cayce often returns to the commandment given by Jesus as the foundation of all spiritual teaching. He quotes the Master directly, **"Love one another, even as I have loved you"** (3691-1). This love is not limited to family or friends. It extends to strangers, those who disagree with us, and even those who cause harm. Jesus taught the same law when He said, *"A new commandment I give unto you, That ye love one another; as I have loved you"* (John 13:34). According to Cayce, this commandment is the key to spiritual freedom.

Love, in the Cayce readings, is also the force that removes fear. He explains, **"The consciousness of God's presence, as manifested in Christ, casteth out fear"** (3691-1). Fear arises when love is absent. When love fills the heart, fear loses its power. The Bible confirms this truth clearly: *"There is no fear in love; but perfect love casteth out fear"* (1 John 4:18).

Cayce teaches that love is the measure by which all relationships are judged. He says, **"The manner in which ye treat thy fellow man ye are treating thy Maker"** (3376-2). This means that love toward others is love toward God. There is no separation between spiritual life and human relationships. Jesus taught this same truth when He said, *"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me"* (Matthew 25:40).

Forgiveness is an essential expression of love. Cayce warns that without forgiveness, love cannot flow. He states, **"It is only as ye forgive that even the Savior, the Christ, is able to forgive thee"** (3124-2). Forgiveness releases both the one who forgives and the one forgiven. Jesus taught this law plainly: *"If ye forgive men their trespasses, your heavenly Father will also forgive you"* (Matthew 6:14).

Cayce also explains that love must be patient and kind, even in difficult situations. He teaches that the fruits of the Christ life include **"patience, longsuffering, kindness, gentleness"** (3125-2). Love is tested not when life is easy, but when it is challenging. Scripture describes this same love in detail: *"Charity suffereth long, and is kind"* (1 Corinthians 13:4).

Love, according to Cayce, is the true healing force. He explains that hatred, resentment, and jealousy block healing, while love restores harmony. He states, **"So long as there is hate, malice, injustice… there cannot be**

healing” (3124-2). Jesus demonstrated love as healing when He healed the sick with compassion. The Bible records this clearly: *“He was moved with compassion… and healed their sick”* (Matthew 14:14).

Cayce emphasizes that love is the fulfillment of all spiritual law. He teaches that rules and doctrines without love are empty. He says that love is the spirit behind every commandment and teaching of Christ. Scripture supports this directly: *“Love is the fulfilling of the law”* (Romans 13:10).

Living in love requires conscious choice. Cayce reminds individuals to examine their thoughts and attitudes daily. He says, **“Keep humble, keep patient, keep in the manner in which the pattern has been given”** (3660-1). Love grows as self-centeredness decreases. Jesus taught this same principle when He said, *“By this shall all men know that ye are my disciples, if ye have love one to another”* (John 13:35).

In the Cayce readings, love is not optional. It is the highest law of the Christ life. It governs healing, forgiveness, service, and spiritual growth. To live in love is to live in Christ. As Scripture teaches, *“He that loveth not knoweth not God; for God is love”* (1 John 4:8).

Affirmation — Living the Law of Love
Love is the law by which I live.
God’s love works through my thoughts, words, and actions.
I choose love over fear, patience over anger, forgiveness over judgment.
The way I treat others is the way I serve God.
Love heals, restores, and unites.
I allow the love of Christ to guide my life.
In love, I fulfill the law of God.

Prayer — To Live in Christ’s Love

O God of Love,
Teach me to live the love of Christ in all that I do.
Help me to love not only in words, but in action and truth.
Remove fear, resentment, and hardness of heart from me.
Give me patience when I am tested,
kindness when I am challenged,
and forgiveness when I am hurt.
May I see Thy presence in every person I meet.
Let my life reflect Thy love,
that others may know Thee through me.
Amen.

Meditation — Abiding in Love

Sit quietly and allow your body to relax.

Breathe slowly and deeply.

Bring your awareness to your heart.
Silently affirm:
“God is love, and I dwell in love.”

With each breath, imagine your heart filling with a gentle, warm light.
Let this light expand outward —
toward those you love easily,
and toward those you find difficult.

Do not judge what arises.
Simply allow love to flow.

Silently repeat:
“Love one another, even as I have loved you.”

Rest in this awareness for several minutes.
Feel love replacing fear and tension.

End the meditation with gratitude,
knowing that love is the law that guides and sustains your life.

Chapter 5 — Free Will and Choice in Christ

In the Edgar Cayce readings, free will is presented as one of God's greatest gifts to humanity. No soul is forced into goodness, faith, or salvation. Each person must choose their path. Cayce teaches that every individual is constantly making choices, either in harmony with Christ or according to self-will. He asks directly, **"Will ye make thy will one with the Creative Force?"** (3376-2). This question stands at the center of the spiritual life. Growth comes when the human will is aligned with God's will.

Cayce explains that the soul was created with purpose and freedom. He states, **"The soul… has been given a will to use the attributes of soul, mind and body to thine own purposes"** (3376-2). This means that no external force controls the soul's destiny. Each individual chooses how they will think, act, and respond to life. The Bible expresses this same truth: *"I have set before thee life and death, blessing and cursing: therefore choose life"* (Deuteronomy 30:19).

The Cayce readings emphasize that spiritual progress depends not on belief alone, but on daily choices. Cayce teaches, **"First analyze and study self in relationship to that the entity sets as its ideal… in daily practice"** (3706-2). Choosing Christ is not a single event, but a repeated decision made in everyday situations. Jesus taught this clearly when He said, *"If any man will come after me, let him deny himself, and take up his cross daily, and follow me"* (Luke 9:23).

Cayce also explains that free will is stronger than past experiences, astrology, or external influences. He states, **"No urge arising from astrological aspects or from sojourns… surpasses the will of the individual entity, when its trust… is put in the mind of God or the Christ-Consciousness"** (5000-1). This teaching gives hope. No matter a person's past, they are never trapped by it. Scripture confirms this freedom: *"If any man be in Christ, he is a new creature"* (2 Corinthians 5:17).

Choosing Christ means choosing love over fear, forgiveness over resentment, and service over selfishness. Cayce warns that self-centered choices bring separation and suffering. He explains, **"There is a way that seemeth right to a man but the end thereof is death"** (3343-1). Death here is described as separation from harmony and purpose. The Bible echoes this warning: *"Broad is the way, that leadeth to destruction"* (Matthew 7:13).

Cayce repeatedly reminds individuals that God does not remove free will, even when people choose wrongly. He teaches that God patiently waits for the soul to turn back. He says, **"Be not afraid because ye have faltered anywhere"** (3376-2). Mistakes do not end the journey. Choice remains as long as life remains. Scripture reassures this mercy: *"His mercies are new every morning"* (Lamentations 3:23).

The readings also stress that choices affect others, not just the self. Cayce explains that the measure one uses toward others returns to them. He says,

“The manner in which ye treat thy fellow man ye are treating thy Maker” (3376-2). Choosing kindness, patience, and fairness creates harmony. Jesus taught the same principle: *“With what measure ye mete, it shall be measured to you again”* (Matthew 7:2).

Cayce emphasizes that the ultimate choice is whether to live for self or for God. He says, **“If ye seek not to have thine own way, but can truly say… ‘Thy will, O God, be done’”** (5188-1). This surrender does not weaken the individual but strengthens them. Jesus lived this surrender fully when He prayed, *“Not my will, but thine, be done”* (Luke 22:42).

Free will, according to the Cayce readings, is the doorway through which Christ enters the life. God will not force the soul, but He will always respond when the soul chooses love, faith, and service. As Scripture promises, *“Choose you this day whom ye will serve”* (Joshua 24:15). Each choice shapes the soul’s path and brings it closer to or farther from the Christ life.

Affirmation — Choosing God’s Will

I am a child of God, created with purpose and free will.
Each day I choose life, love, and faith.
I align my will with the will of God.
I am not bound by my past or by fear.
Through Christ, I am made new.
My choices bring harmony, peace, and growth.
I willingly say, “Thy will, O God, be done.”

Prayer — Surrendering the Will

O Father,
I thank Thee for the gift of free will.
Help me to choose wisely in thought, word, and action.
When I am tempted by fear or selfish desire,
turn my heart back to Thee.
Teach me to surrender my will to Thy will,
knowing that Thy ways lead to life and peace.
Give me strength to choose love over resentment,
forgiveness over judgment,
and service over self.
Guide my choices today and always,
that my life may honor Thee.
Amen.

Meditation — Choosing the Christ Way

Sit quietly and become still.
Take several slow, deep breaths.

Bring to mind the simple truth:
“I have been given the power to choose.”

Gently reflect on the choices before you today.
Do not judge them.
Simply observe.

Silently ask:
“What choice brings me closer to Christ?”

Allow clarity to arise without force.
Rest in the awareness that God does not condemn,
but patiently guides.

Repeat inwardly:
“I choose God’s will.”

Remain in stillness for several minutes,
feeling peace settle within you.

End the meditation with gratitude,
knowing that every moment offers a new choice
and a new beginning in Christ.

Chapter 6 — Christ as Healer

In the Edgar Cayce readings, healing is always traced back to one source: **the Christ**. Cayce teaches that true healing does not come from human power alone, but from alignment with the divine presence within. He states clearly, **"All healing is of the divine source, and that source is in the Christ-Consciousness"** (3078-1). This teaching places healing not merely in physical methods, but in spiritual attunement. The Christ is presented as the living healer of body, mind, and soul.

Cayce explains that illness often reflects imbalance — fear, resentment, selfishness, or separation from God. He warns that healing cannot fully occur while these attitudes remain. He says, **"So long as there is hate, malice, injustice… there cannot be healing"** (3124-2). Healing begins with a change of heart and mind. The Bible supports this spiritual foundation of healing: *"Who forgiveth all thine iniquities; who healeth all thy diseases"* (Psalm 103:3).

Forgiveness is shown to be essential to healing in the Cayce readings. Cayce teaches that unforgiveness blocks the flow of divine life. He states, **"It is only as ye forgive that even the Savior, the Christ, is able to forgive thee"** (3124-2). Forgiveness releases emotional and spiritual burdens that often manifest as physical illness. Jesus taught this same truth when He said, *"If ye forgive men their trespasses, your heavenly Father will also forgive you"* (Matthew 6:14).

Cayce emphasizes that Christ heals the whole person, not just the physical body. He explains that healing involves **body, mind, and soul** working in harmony. He states, **"The entity finds itself body-physical, body-mind, body-soul"** (2823-1). When these are aligned with the Christ-consciousness, healing naturally follows. Scripture affirms this wholeness: *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth"* (3 John 1:2).

The Cayce readings also show that Jesus used both spiritual authority and physical means to heal. Cayce reminds us, **"The Christ in person used water, clay, spittle and other ingredients for application in physical conditions"** (3430-1). This teaching balances spiritual faith with practical care. The Bible records these acts when Jesus healed the blind man using clay (John 9:6–7). Faith and action worked together.

Cayce teaches that faith opens the door for healing, but it must be active and sincere. He explains, **"Trust in the divinity of the Christ wholly set as a central theme of the mind"** (3430-1). Healing is not about demanding results, but about trusting God's presence and purpose. Jesus often said to those He healed, *"Thy faith hath made thee whole"* (Mark 5:34).

Love and compassion are also shown as healing forces. Cayce describes

Christ's spirit as **"The spirit of Truth. The spirit of Love. The spirit of helpfulness"** (3125-2). These qualities restore harmony within the individual. Scripture describes Jesus healing out of compassion: *"He was moved with compassion toward them, and he healed their sick"* (Matthew 14:14).

Cayce makes clear that healing is never meant to serve selfish desires. He asks searchingly, **"What would the body be healed for? That it might gratify its own physical appetites?"** (3124-2). Healing is meant to restore the individual so they may serve others and glorify God. The Bible reflects this purpose: *"Freely ye have received, freely give"* (Matthew 10:8).

The Christ as healer also brings peace to the troubled mind. Cayce teaches that anxiety and fear weaken the body, while peace strengthens it. He says, **"That peace of assurity that you are one with Him"** (3165-1). This peace stabilizes the emotions and supports physical healing. Jesus promised this inner peace when He said, *"Peace I leave with you, my peace I give unto you"* (John 14:27).

In the Cayce readings, Christ is the great physician who works from within. Healing is not forced, but flows naturally when the soul aligns with love, forgiveness, faith, and service. As Scripture declares, *"I am the Lord that healeth thee"* (Exodus 15:26). To turn to Christ is to turn toward wholeness, restoration, and life.

Affirmation — Christ, the Living Healer

Christ is the source of my healing.
God's healing presence works within my body, mind, and soul.
I release fear, resentment, and all that blocks divine harmony.
Through forgiveness, I am made whole.
I trust the Christ-consciousness to restore balance within me.
Peace strengthens me and renews my life.
I accept healing as God's gift, given in love.

Prayer — Opening to Divine Healing

O Lord, my Healer,
I turn my heart and mind toward Thee.
I acknowledge that all healing comes from Thy divine presence.
Cleanse me of fear, anger, and resentment.
Teach me to forgive freely,
that the flow of Thy healing life may move within me.
Bring harmony to my body, clarity to my mind,
and peace to my soul.
May my healing serve Thy purpose,
that I may be a blessing to others.
I trust in Thy wisdom and Thy love.
Amen.

Meditation — Resting in the Healing Presence of Christ

Sit quietly and allow your body to relax.
Breathe slowly and gently.

Bring your awareness to the presence of God within you.
Silently affirm:
“Christ is my healer.”

As you breathe, imagine a calm, steady light filling your body.
Allow it to move gently through every area that needs healing.

Do not struggle or force change.
Simply rest in trust.

If thoughts arise, gently return to the words:
“I am one with Him.”

Feel peace settling within your mind and body.
Allow forgiveness, compassion, and love to flow freely.

Remain in this stillness for several minutes.
End the meditation with gratitude,
knowing that healing is already at work within you.

Chapter 7 — Forgiveness as a Requirement

In the Edgar Cayce readings, forgiveness is not presented as an optional virtue, but as a **spiritual requirement** for growth, healing, and peace. Cayce teaches that forgiveness is a law of the Christ life, and that without it the soul remains bound. He states clearly, **"It is only as ye forgive that even the Savior, the Christ, is able to forgive thee"** (3124-2). This teaching shows that forgiveness opens the door for divine grace to work in the individual.

Cayce explains that unforgiveness creates separation — from others and from God. He teaches that resentment, blame, and hatred damage both the mind and the body. He warns, **"If ye think hate, if ye think jealousy… what can the harvest be other than that manifested even in the experience of Cain?"** (3660-1). Holding onto bitterness leads to inner conflict and suffering. The Bible teaches this same law: *"Let all bitterness, and wrath, and anger… be put away from you"* (Ephesians 4:31).

Forgiveness, in the Cayce readings, begins within the self. Cayce emphasizes that one must forgive not only others, but also oneself. He says, **"As ye forgive — even yourself — so may ye be forgiven by Him who is life, light and immortality"** (3527-1). Self-condemnation blocks healing just as surely as resentment toward others. Scripture supports this truth: *"There is therefore now no condemnation to them which are in Christ Jesus"* (Romans 8:1).

Cayce teaches that forgiveness is essential for physical healing as well. He explains that unresolved anger and guilt often appear as illness. He states, **"So long as there is hate, malice, injustice… there cannot be healing"** (3124-2). Forgiveness clears the inner pathway for health and balance. Jesus demonstrated this connection when He said to the sick, *"Thy sins be forgiven thee"* (Mark 2:5), before physical healing occurred.

Forgiveness is also shown as an act of love and humility. Cayce reminds individuals to examine how they measure others. He asks, **"By whose standard are ye measuring thy brother?"** (3660-1). True forgiveness comes when one measures others by God's love rather than personal judgment. Jesus taught this same standard: *"Judge not, that ye be not judged"* (Matthew 7:1).

The Cayce readings show that forgiveness must be practiced daily. It is not a one-time act, but an ongoing attitude. Cayce instructs, **"Keep humble, keep patient… keeping self from condemnation of others or of self"** (3706-2). Forgiveness grows as patience and humility grow. The Bible echoes this daily practice: *"Forbearing one another, and forgiving one another"* (Colossians 3:13).

Cayce also teaches that forgiveness frees the forgiver more than the forgiven. He explains that forgiveness breaks the chains of fear and anger. He says

that the Christ-consciousness **“casteth out fear”** (3691-1). When forgiveness is given, peace returns. Scripture affirms this freedom: *“Ye shall know the truth, and the truth shall make you free”* (John 8:32).

Jesus is presented as the perfect example of forgiveness. Cayce points to Christ’s willingness to forgive even in suffering. He reminds us of the Master’s life and sacrifice, saying that Christ offered Himself so that humanity might learn the way of reconciliation (3660-1). On the cross, Jesus lived this teaching fully when He prayed, *“Father, forgive them; for they know not what they do”* (Luke 23:34).

Cayce teaches that forgiveness restores right relationship with God. He says, **“The manner in which ye treat thy fellow man ye are treating thy Maker”** (3376-2). Forgiveness toward others is forgiveness toward God. Scripture confirms this deep connection: *“If a man say, I love God, and hateth his brother, he is a liar”* (1 John 4:20).

In the Cayce readings, forgiveness is the doorway to healing, peace, and spiritual freedom. It clears the heart, restores balance, and allows the Christ-consciousness to flow freely. As Jesus taught, *“Forgive, and ye shall be forgiven”* (Luke 6:37). To forgive is to live the Christ life in its truest form.

Affirmation — Freedom Through Forgiveness

I choose forgiveness as the law of my life.
I release resentment, blame, and judgment.
I forgive others, and I forgive myself.
Through forgiveness, my heart is made free.
The Christ-consciousness within me casts out fear.
Peace replaces anger, and love replaces bitterness.
As I forgive, I am healed and restored.

Prayer — Learning to Forgive

O God of mercy and love,
Teach me the way of forgiveness.
Help me to release all bitterness and resentment.
Heal the wounds within my heart that I have carried too long.
Give me humility to forgive others,
and compassion to forgive myself.
Remove fear and anger from my thoughts and actions.
Restore harmony within my body, mind, and soul.
May Thy forgiving love flow through me,
that I may live in freedom and peace.
Amen.

Meditation — Releasing and Letting Go

Sit quietly and become still.
Take several slow, calming breaths.

Bring to mind the word:
“Forgiveness.”

Gently become aware of anything you are holding onto —
a hurt, a memory, a judgment, or regret.
Do not force it away.
Simply notice it.

Silently affirm:
“I release this into God’s care.”

Imagine laying this burden down.
Feel your heart becoming lighter and more open.

Repeat inwardly:
“I forgive, and I am free.”

Rest in this sense of release and peace.
Allow the Christ-consciousness to fill the space left behind.

Remain in stillness for several minutes.
End the meditation with gratitude for freedom, healing, and grace.

Chapter 8 — Service to Others as Service to Christ

In the Edgar Cayce readings, service to others is described as one of the clearest expressions of the Christ life. Cayce teaches that every soul enters the world with the purpose of becoming a blessing to others. He states plainly, **"To be a channel of blessing to others is that purpose for which each soul has come into conscious activity in a material world"** (3161-1). Service is not something added onto spiritual life; it *is* spiritual life lived in action.

Cayce explains that serving others is the same as serving God. He teaches, **"The manner in which ye treat thy fellow man ye are treating thy Maker"** (3376-2). This means that love, kindness, patience, and help given to another person are offerings made directly to God. Jesus taught this same truth when He said, *"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me"* (Matthew 25:40).

Service, according to Cayce, does not require greatness in the eyes of the world. It requires willingness. He emphasizes that Christ-like service is often quiet and unseen. He says, **"It is in the little things… that the Son of Man comes — humble, gently, kind, meek, lowly"** (3161-1). True service may be a kind word, a patient response, or simply listening with compassion. Scripture confirms this humble path: *"He that is faithful in that which is least is faithful also in much"* (Luke 16:10).

Cayce also teaches that service must be given without expectation of reward. He warns against serving for praise or recognition. He instructs, **"Do what thou doest to the Glory of God… and not to the glory of self"** (2925-1). Service loses its spiritual power when it is motivated by pride. Jesus taught the same principle: *"Take heed that ye do not your alms before men, to be seen of them"* (Matthew 6:1).

The Cayce readings show that service strengthens the one who serves. Cayce explains that helping others brings balance and growth to the body, mind, and soul. He says that through service, individuals become **"strengthened to meet — physically, mentally, spiritually — those purposes He has given"** (3161-1). Scripture reflects this strengthening effect: *"It is more blessed to give than to receive"* (Acts 20:35).

Cayce also teaches that service is the natural outcome of the Christ-consciousness. When the Christ lives within, service flows outward. He says, **"Be a messenger of hope from the Master, even Jesus the Christ"** (3347-1). Every life becomes a message when lived in love. Jesus instructed His followers in the same way: *"Let your light so shine before men"* (Matthew 5:16).

Service, in the Cayce readings, includes caring for the sick, the discouraged, and the forgotten. Cayce emphasizes compassion for those who struggle

physically or emotionally. He says that the Christ love should be shown **"for those who are weak in body, who are hindered"** (5064-1). Scripture echoes this calling: *"Bear ye one another's burdens, and so fulfil the law of Christ"* (Galatians 6:2).

Cayce makes clear that service should be guided by love, not judgment. He instructs individuals to avoid condemning others while helping them. He says, **"Keeping self from condemnation of others or of self"** (3706-2). Service offered with judgment loses its healing power. Jesus taught this same spirit when He said, *"Judge not, that ye be not judged"* (Matthew 7:1).

The readings also emphasize that service must be lived daily, not occasionally. Cayce says, **"Not tenets alone but live it — and teach others also"** (3250-1). Service is expressed through everyday choices, attitudes, and actions. Scripture supports this daily calling: *"Be ye doers of the word, and not hearers only"* (James 1:22).

In the Cayce readings, service to others is one of the highest expressions of love and faith. To serve another is to serve Christ Himself. When a person becomes a channel of blessing, the Christ life flows freely through them. As Jesus taught, *"Whosoever will be chief among you, let him be your servant"* (Matthew 20:27). Through service, the soul fulfills its true purpose and draws closer to God.

Affirmation — A Channel of Blessing

I am a channel of blessing to others.
In serving others, I serve Christ.
My words, actions, and intentions honor God.
I serve with humility, patience, and love.
I do not seek praise, but God's will.
Through service, I am strengthened in body, mind, and soul.
The light of Christ shines through my life.

Prayer — Offering My Life in Service

O Lord,
Teach me to serve as Christ served.
Help me to see Thy presence in every person I meet.
Remove from me pride, judgment, and desire for recognition.
Give me a willing heart and gentle spirit.
Let my service be offered quietly, faithfully, and in love.
Strengthen me as I give of myself for others.
May my life be a message of hope and compassion.
Use me as a channel of Thy blessing in the world.
Amen.

Meditation — Serving Christ in Others

Sit quietly and become still.
Take slow, steady breaths.

Bring to mind the truth:
“In serving others, I serve Christ.”

Visualize your day ahead —
the people you will meet,
the moments that may call for patience or kindness.

Imagine Christ present in each encounter.
Allow compassion to rise naturally within you.

Silently affirm:
“Let my light shine.”

Rest in the awareness that even small acts of love matter.
Feel gratitude for the opportunity to serve.

Remain in stillness for several minutes.
End the meditation with this intention:
“Today, I choose to be a channel of blessing.”

Chapter 9 — Humility and Selflessness

In the Edgar Cayce readings, humility is shown as a **foundation stone of the Christ life**. Without humility, spiritual knowledge becomes pride, and service becomes self-seeking. Cayce teaches that growth in Christ always requires less focus on self and greater focus on God and others. He states clearly, **"He must increase and I decrease"** (2880-2). This simple statement expresses the heart of humility: allowing the Christ-consciousness to grow as self-centered desires fade.

Cayce explains that humility does not mean weakness or lack of worth. Instead, it is the clear understanding of one's relationship to God. He teaches, **"Of thyself ye can do nothing, only as He in His love and mercy may show thee the way"** (3660-1). Humility recognizes that all strength, wisdom, and purpose come from God. Jesus taught this same truth when He said, *"Without me ye can do nothing"* (John 15:5).

The Cayce readings emphasize that self-will is the greatest obstacle to spiritual growth. Cayce warns against insisting on one's own way. He says, **"God is not a God of wrath to those who humbly seek… only to those who defy and say: 'I — yea I — will do this or that'"** (3660-1). Pride separates the soul from divine guidance. Scripture echoes this warning: *"God resisteth the proud, but giveth grace unto the humble"* (James 4:6).

Selflessness, according to Cayce, is humility in action. He teaches that the Christ life is expressed through giving rather than taking. He says, **"In the interpretation of the Christ-Consciousness, it must increase while self is lost in the giving to others"** (2880-2). When attention shifts away from self and toward service, the soul grows spiritually. Jesus taught this same principle: *"Whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it"* (Matthew 16:25).

Cayce also explains that humility helps a person see themselves clearly. He encourages individuals to observe their own reactions and attitudes. He says, **"Learn… to stand oft aside and watch self pass by"** (3292-1). This self-awareness allows growth without self-condemnation. Scripture encourages this reflection: *"Examine yourselves, whether ye be in the faith"* (2 Corinthians 13:5).

The readings show that humility creates harmony in relationships. Cayce teaches that judging others is a sign of pride, while understanding is a sign of humility. He asks, **"By whose standard are ye measuring thy brother?"** (3660-1). When others are measured by God's love rather than personal opinion, peace grows. Jesus taught this clearly: *"Why beholdest thou the mote that is in thy brother's eye?"* (Matthew 7:3).

Cayce also connects humility with patience and gentleness. He says the Christ life is marked by **"patience, longsuffering, kindness, gentleness"**

(3125-2). These qualities grow only when self is no longer demanding control. Scripture mirrors this teaching: *“With all lowliness and meekness, with longsuffering, forbearing one another in love”* (Ephesians 4:2).

The Cayce readings remind individuals that humility does not mean denying one’s abilities. Instead, it means using those abilities for God’s purposes. Cayce says, **“God is not a respecter of persons, but has a job… a work for thee to do in the earth”** (3418-1). True humility accepts responsibility without pride. Jesus expressed this balance when He said, *“He that is greatest among you shall be your servant”* (Matthew 23:11).

Cayce emphasizes that humility protects the soul from fear and discouragement. When one relies on God rather than self, burdens feel lighter. He teaches that Christ makes the heavy cross light when self-will is surrendered (2897-4). Jesus promised this same relief: *“My yoke is easy, and my burden is light”* (Matthew 11:30).

In the Cayce readings, humility and selflessness are not optional traits; they are essential to living the Christ life. Through humility, the soul becomes teachable, loving, and free. Through selflessness, the Christ-consciousness finds expression in the world. As Scripture teaches, *“Humble yourselves in the sight of the Lord, and he shall lift you up”* (James 4:10).

Affirmation — He Must Increase

I choose humility as the way of Christ.
I release pride, self-will, and the need to control.
God’s wisdom and strength work through me.
I serve without seeking recognition.
As self decreases, the Christ-consciousness increases.
I trust God to guide my steps and use my life for good.
In humility, I find freedom and peace.

Prayer — Surrendering Self to God

O God,
Teach me the way of humility and selflessness.
Help me to release pride and dependence upon my own strength.
Remind me that all wisdom, power, and purpose come from Thee.
Guide my thoughts, words, and actions according to Thy will.
Give me patience, gentleness, and understanding toward others.
Show me how to serve faithfully without seeking reward or praise.
May my life reflect the spirit of Christ,
that He may increase and I may decrease.
Amen.

Meditation — Letting Self Fall Away

Sit quietly and become still.
Allow your breathing to slow and deepen.

Bring to mind the words:
“He must increase, and I must decrease.”

Gently observe your thoughts and reactions,
without judgment or resistance.
Simply notice them and let them pass.

Rest in the awareness that God is present and at work.
You do not need to strive or prove anything.

Silently affirm:
“I trust God to work through me.”

Feel a sense of lightness as self-effort loosens.
Allow peace to take its place.

Remain in stillness for several minutes.
End the meditation with gratitude,
knowing that in humility, God lifts and sustains you.

Chapter 10 — The Cross as Transformation

In the Edgar Cayce readings, the cross of Christ is not presented only as a symbol of suffering, but as a **symbol of transformation**. The cross represents the surrender of self-will and the birth of a higher spiritual life. Cayce teaches that the cross must be lived, not merely remembered. He states, **"Ever must the cross of Jesus, who became the Christ, go before the entity, leading the way"** (2946-3). The cross is the path by which the soul learns obedience, love, and sacrifice.

Cayce explains that the cross is experienced inwardly before it is seen outwardly. It is the place where selfish desires are given up for God's will. He warns that many seek spiritual truth without accepting the cross. He says, **"They forget the crown of thorns, they forget the cross"** (2778-2). Without the cross, there can be no true spiritual growth. Jesus taught this plainly when He said, *"If any man will come after me, let him deny himself, and take up his cross, and follow me"* (Matthew 16:24).

The Cayce readings teach that the cross brings transformation through surrender, not punishment. Cayce explains that Christ willingly offered Himself in love. He says that Jesus **"offered Himself that ye through belief, through faith, through the pattern of His life, might find thy way"** (3660-1). The cross was an act of love meant to restore humanity to God. Scripture confirms this truth: *"God commendeth his love toward us, in that, while we were yet sinners, Christ died for us"* (Romans 5:8).

Cayce also teaches that each soul must experience its own cross. This does not mean suffering for its own sake, but choosing righteousness over selfishness. He says that each soul faces trials where it must choose between self and God (2778-2). These moments shape the soul. The Bible expresses this transformation clearly: *"I am crucified with Christ: nevertheless I live"* (Galatians 2:20).

The cross, in the Cayce readings, also represents victory over fear and death. Cayce reminds individuals that Christ overcame death itself. He says that Christ **"even overcome death itself"** (5188-1). Through the cross and resurrection, fear of death loses its power. Scripture confirms this victory: *"O death, where is thy sting?"* (1 Corinthians 15:55).

Cayce emphasizes that the cross leads to resurrection and new life. Without transformation, there is no resurrection. He teaches that the Christ life leads from death of self to life in God. He says that through Christ, humanity may find **"life more abundantly"** (3161-1). Jesus spoke of this same truth: *"Except a corn of wheat fall into the ground and die, it abideth alone"* (John 12:24).

The Cayce readings also show that the cross teaches compassion and forgiveness. Christ forgave even while suffering, showing the highest form of

love. Cayce points to this sacrifice as the pattern for humanity (3660-1). Scripture records this act clearly: *“Father, forgive them; for they know not what they do”* (Luke 23:34).

Cayce teaches that the cross must be accepted willingly. Forced suffering does not transform the soul. He warns against complaining or self-pity, encouraging individuals to meet trials in the Christ spirit (3418-1). Jesus taught this same attitude: *“Blessed are they which are persecuted for righteousness’ sake”* (Matthew 5:10).

The cross also represents the meeting point of heaven and earth. Cayce describes Christ as the bridge between God and humanity, fulfilling the law through love (2879-1). Scripture reflects this reconciliation: *“Having made peace through the blood of his cross”* (Colossians 1:20).

In the Cayce readings, the cross is not the end of the story. It is the doorway to transformation, resurrection, and new life. Through the cross, self is surrendered and Christ is lived. As Scripture teaches, *“If we suffer, we shall also reign with him”* (2 Timothy 2:12). The cross transforms the soul and leads it back to God.

Affirmation — Transformation Through the Cross

I accept the cross as the way of transformation.
I surrender self-will to the will of God.
Through Christ, I die to fear and rise to new life.
Love guides me through every trial.
I choose obedience over selfish desire.
The cross leads me to resurrection and peace.
In Christ, I am made new.

Prayer — Embracing the Way of the Cross

O Lord,
Teach me the meaning of the cross in my life.
Help me to surrender pride, fear, and self-will.
Give me strength to choose righteousness when the way is difficult.
Let love guide me through every trial and sacrifice.
May my struggles become places of growth and transformation.
Help me to forgive as Christ forgave, even in suffering.
Lead me from death of self to life in Thee.
I place my trust in Thy redeeming love.
Amen.

Meditation — From Surrender to New Life

Sit quietly and become still.
Allow your breathing to slow and deepen.

Bring to mind the symbol of the cross —
not as suffering alone, but as surrender and love.

Silently affirm:
“Not my will, but Thine, be done.”

Gently reflect on what you are being asked to release —
fear, control, resentment, or pride.
Do not resist.
Simply offer it to God.

Imagine new life rising where self has been surrendered.
Feel peace and strength taking its place.

Repeat inwardly:
“I am crucified with Christ, yet I live.”

Remain in stillness for several minutes.
End the meditation with gratitude,
trusting that every surrender in Christ leads to renewal and life.

Chapter 11 — Christ as the Way, the Truth, and the Light

In the Edgar Cayce readings, Christ is consistently described as the **Way**, the **Truth**, and the **Light** through which the soul finds its relationship with God. This is not presented as a belief alone, but as a living reality to be experienced daily. Cayce states clearly, **"He is the Life, the Light; He is the Resurrection, He is the Way and the Truth"** (2845-2). These words show that Christ is not merely a teacher of truth, but the living expression of truth itself.

Cayce explains that Christ is the Way because He shows how life is meant to be lived. The Christ way is a way of love, humility, forgiveness, and service. Cayce teaches that individuals must make Christ their ideal in daily living. He says, **"Let thy ideals ever be set not merely as tenets but as the practices of Him who is the Way and the Truth"** (3706-2). The Bible confirms this calling when Jesus said, *"I am the way, the truth, and the life: no man cometh unto the Father, but by me"* (John 14:6).

Christ is also described as the Truth that frees the soul. Cayce emphasizes that truth is not intellectual knowledge alone, but spiritual awareness lived in action. He says, **"Ye shall know the Truth, and the Truth shall Make you free"** (2897-4). Truth frees the soul from fear, guilt, and confusion. Scripture teaches the same promise: *"And ye shall know the truth, and the truth shall make you free"* (John 8:32).

Cayce teaches that Christ as the Light reveals God to humanity. He explains that this light has been present since the beginning of creation. He says, **"That light ye may know, for it is the light of the world, even in Jesus the Christ"** (2830-2). This light guides the soul through darkness and uncertainty. The Bible affirms this truth: *"In him was life; and the life was the light of men"* (John 1:4).

The Cayce readings also explain that Christ as Light reveals the true self. When the Christ light shines within, individuals become aware of both their weaknesses and their divine purpose. Cayce teaches that this light does not condemn, but guides. He says that Christ stands at the door of the heart, offering understanding and companionship (2845-1). Scripture reflects this guiding light: *"Thy word is a lamp unto my feet, and a light unto my path"* (Psalm 119:105).

Cayce emphasizes that walking in the light requires effort and choice. He instructs individuals to **"Walk in the light, then, even as He is in the light"** (2851-1). Walking in the light means choosing honesty, love, and faith in daily life. The Bible teaches this same principle: *"If we walk in the light, as he is in the light, we have fellowship one with another"* (1 John 1:7).

Christ as the Way also means that there is guidance for every decision. Cayce teaches that Christ works with the individual mind when invited. He

says, **“He will be thy guide, if ye seek His face”** (2851-1). This guidance brings clarity and peace. Scripture supports this promise: *“Trust in the Lord with all thine heart… and he shall direct thy paths”* (Proverbs 3:5–6).

Cayce also explains that Christ as Truth reveals the law of love as the foundation of life. He teaches that Christ fulfilled the law through love, not by removing it. He says that Christ **“taketh away not the law, but manifesteth love in that He fulfilled the law”** (2879-1). The Bible affirms this fulfillment: *“Think not that I am come to destroy the law… but to fulfil”* (Matthew 5:17).

The Cayce readings make clear that Christ as the Way, the Truth, and the Light is not distant or unreachable. This Christ lives within and walks with the soul. Cayce teaches, **“If ye open I will come and abide with thee”** (2845-1). This abiding presence brings peace and understanding. Jesus promised the same: *“I will not leave you comfortless: I will come to you”* (John 14:18).

In the Cayce readings, Christ is the living path back to God. To follow Christ is to walk in light, live in truth, and move steadily toward love. As Scripture teaches, *“He that followeth me shall not walk in darkness, but shall have the light of life”* (John 8:12). Christ is not only the way to God — Christ is the way of life itself.

Affirmation — Walking in the Light of Christ

Christ is my Way, my Truth, and my Light.
I choose to follow His example in daily life.
Truth frees my mind and heart.
The light of Christ guides my path.
I walk in honesty, love, and faith.
Christ abides with me and leads me in peace.
In following Him, I walk in the light of life.

Prayer — To Walk with Christ

O Christ,
I acknowledge Thee as my Way, my Truth, and my Light.
Guide my thoughts, my choices, and my actions.
Help me to live truth, not only speak it.
Shine Thy light into every dark place within me.
Lead me in love, humility, and faithfulness.
When I am uncertain, be my guide.
When I am weary, be my strength.
Abide with me, and walk with me each day,
that my life may reflect Thy light.
Amen.

Meditation — Following the Living Way

Sit quietly and become still.
Allow your breathing to slow and deepen.

Bring to mind the words of Christ:
“I am the way, the truth, and the life.”

Imagine a gentle light before you —
steady, warm, and inviting.

Silently affirm:
“Christ is my light.”

With each breath, feel this light guiding your steps,
clearing confusion, and bringing peace.

Rest in the awareness that you are not alone —
Christ walks with you.

Repeat inwardly:
“I walk in the light of life.”

Remain in stillness for several minutes.
End the meditation with gratitude,
trusting that the way before you is guided by love and truth.

Chapter 12 — The Second Coming as Inner and Outer Fulfillment

In the Edgar Cayce readings, the Second Coming of Christ is presented as both an **inner spiritual reality** and an **outer fulfillment in time**. Cayce does not limit the return of Christ to a single future event, but teaches that Christ comes again whenever the Christ-consciousness is awakened in the hearts of individuals. He explains that Christ's coming is closely tied to human readiness and spiritual awareness. Cayce states, **"The Christ-consciousness may come into Thine Possession"** (2897-4). This shows that the return of Christ begins within the individual soul.

Cayce teaches that Christ returns inwardly when love, faith, and service replace fear and selfishness. He explains that the Christ life must be lived daily if one is to recognize His presence. He says, **"Keep thy faith, thy purpose, thy hope in Him — if ye would know the way to keep in peace and harmony in the Christ-consciousness"** (3250-1). The Bible reflects this inner kingdom clearly: *"The kingdom of God is within you"* (Luke 17:21).

The Cayce readings also make clear that the Second Coming is not only symbolic, but also a real event in human history. Cayce speaks of Christ's return in language that echoes Scripture. He says, **"For He will one day come again… 'As ye have seen Him go, so will ye see Him come again'"** (3615-1). This directly reflects the biblical promise: *"This same Jesus… shall so come in like manner as ye have seen him go into heaven"* (Acts 1:11). Cayce teaches that both the inner and outer meanings are true and work together.

Cayce emphasizes that preparation for Christ's return is not about fear or prediction, but about living the Christ life now. He teaches that readiness comes through love, service, and faithfulness. He says that the reason to keep faith is **"the faith in the coming of the Lord, to call those who have been faithful"** (3615-1). Jesus taught this same readiness when He said, *"Be ye also ready: for in such an hour as ye think not the Son of man cometh"* (Matthew 24:44).

The Second Coming, in the Cayce readings, is also connected with hope and restoration. Cayce teaches that God has never desired the destruction of humanity. He says, **"God has not willed that any soul should perish"** (3615-1). The return of Christ is not about punishment, but about bringing humanity back into harmony with God. Scripture confirms this loving purpose: *"The Lord is not willing that any should perish, but that all should come to repentance"* (2 Peter 3:9).

Cayce also teaches that Christ comes again through those who live the Christ life. When individuals act in love and service, they become witnesses of Christ's presence in the world. He says, **"Ever must the Entity be that Messenger of the Living Lord, the Living Christ"** (2946-3). In this way, Christ walks again in the world through human lives. The Bible reflects this

truth: *“Christ liveth in me”* (Galatians 2:20).

The Cayce readings warn against waiting passively for Christ’s return while ignoring daily responsibility. Cayce teaches that Christ comes to those who are active in love. He asks searching questions about inviting Christ into everyday life, not only in sorrow but in joy (3376-2). Jesus taught this same watchfulness: *“Occupy till I come”* (Luke 19:13).

Cayce explains that Christ’s return brings peace, not fear. He teaches that the Christ presence calms the troubled heart. He says, **“Let not your heart be troubled; ye believe in God, believe also in me”** (2946-2). This echoes Jesus’ own words: *“Let not your heart be troubled, neither let it be afraid”* (John 14:27).

The Second Coming, according to Cayce, is ultimately the fulfillment of God’s promise to dwell with humanity. Christ returns where hearts are open, lives are loving, and faith is active. He says that those who open the door will experience Christ’s abiding presence (2845-1). Scripture confirms this promise: *“Behold, the tabernacle of God is with men”* (Revelation 21:3).

In the Cayce readings, the Second Coming is not something to fear or debate, but something to **live toward**. Christ comes again whenever love replaces hatred, forgiveness replaces judgment, and service replaces selfishness. The Christ who once walked in Galilee continues to walk in the world through transformed lives. As Scripture declares, *“Surely I come quickly”* (Revelation 22:20). And the faithful response remains the same: *“Even so, come, Lord Jesus.”*

Affirmation — Christ Comes Again

Christ comes again within my heart.
I open my life to the Christ-consciousness.
Love, faith, and service prepare the way.
I live in readiness, not fear.
Christ lives in me and works through me.
My life is a witness to His presence.
Even so, I welcome the Living Christ.

Prayer — Living in Readiness

O Living Christ,
I open my heart to Thy presence within me.
Help me to live in faith, love, and service each day.
Remove fear and uncertainty from my thoughts.
Teach me to be watchful, not anxious —
faithful, not passive.
Let my life reflect Thy love to the world.

Prepare my heart for Thy coming,
both within my soul and in Thy divine timing.
Abide with me, walk with me,
and use me as a messenger of Thy peace.
Even so, come, Lord Jesus.
Amen.

Meditation — Welcoming the Christ Presence

Sit quietly and become still.
Allow your breathing to slow and deepen.

Bring to mind the words:
“The kingdom of God is within you.”

Gently imagine your heart opening —
not in effort, but in willingness.

Silently affirm:
“Christ lives within me.”

Feel peace replacing fear.
Sense hope and expectancy without urgency.

Rest in the awareness that Christ comes
where love is lived and faith is active.

Repeat inwardly:
“I am ready.”

Remain in stillness for several minutes.
End the meditation with gratitude,
trusting that Christ is present now
and ever coming anew into the world through love.

Conclusion — Living the Christ Life

The Edgar Cayce readings present a clear and consistent message: the Christ life is meant to be lived here and now. Christ is not distant, unreachable, or reserved for a chosen few. Christ lives within every willing heart and seeks expression through love, service, forgiveness, humility, and faith. Each of the twelve chapters in this book points back to this central truth.

Through these teachings, Christ is revealed as the Living Presence within, the Pattern for all souls, the Christ-consciousness that transforms the mind, the Law of Love, the guide of free will, the Great Healer, the source of forgiveness, the call to service, the model of humility, the meaning of the cross, the Way and the Truth, and the fulfillment of both inner and outer hope. Together, these themes form a unified picture of the Christ life as taught by Jesus and echoed in the Cayce readings.

Cayce repeatedly taught that spiritual growth is not measured by words or beliefs alone, but by how one treats others. Love must replace fear. Forgiveness must replace judgment. Service must replace selfishness. The Christ life is lived in daily choices, small acts of kindness, patient responses, and sincere efforts to do God's will. As Scripture teaches, *"By their fruits ye shall know them"* (Matthew 7:20).

The Second Coming of Christ, as presented in these teachings, is not something to wait for passively, but something to prepare for actively. Christ comes again wherever hearts are opened, lives are surrendered, and love is practiced. In this way, Christ continues to walk in the world through those who choose to live according to His example.

This work ends where the Christ life always begins — with choice. Each soul must decide whether to live for self or for God, whether to cling to fear or to trust in love, whether to merely admire Christ or to follow Him. The invitation remains the same as it was in Jesus' time: *"Follow me."*

May these chapters encourage deeper faith, clearer understanding, and a more faithful walk in the Christ-consciousness. And may each reader be able to say, not only in belief but in life: *"Not my will, but Thine, be done."*